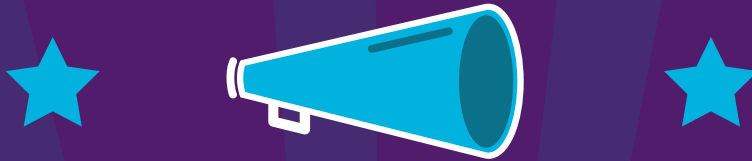


# HEALTH NEEDS ASSESSMENT SURVEY 2019



A total of 902 members of staff completed the survey

## FOOD AND NUTRITION

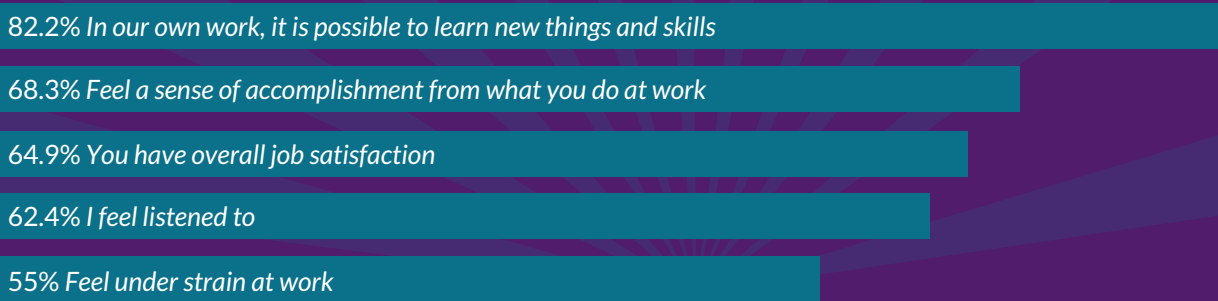


### Top 3 things that would encourage people to eat more fruit and/or vegetables:

1. Access to fruit at subsidised prices (66.8%)
2. Healthy meal choices in your canteen (54.4%)
3. Healthy choices in vending machines (44.3%)

## WORKPLACE CULTURE

### % of respondents agreeing with statements about workplace culture:



## PHYSICAL ACTIVITY

### Top 3 things preventing people becoming physically active:

1. Lack of time (59%)
2. Work/life balance (51.2%)
3. Childcare/family commitments (27.8%)

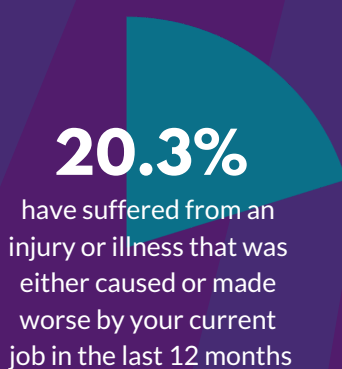


## LINE MANAGERS

### % of line managers confident to discuss or provide support on issues:



## WORKPLACE ILLNESS



### Common themes in responses about workplace illness:

- Stress
- Anxiety
- Depression
- Heavy workload
- Poor office environment (e.g. harsh lighting, open plan allowing illnesses to spread)